

Their Hero

By RICHARD MARKLEY

One of the idiosyncrasies of youth is an overappreciation of what is pleasing to the eye. A boy of sixteen is more absorbed in the cut of his clothes than ever again in his life. The love of personal adornment is supposed to remain with a woman so long as she lives. Once out of her teens she is won rather by devotion than good looks. But a girl from fifteen to twenty is as much charmed by what is usually denominated handsome in a boy as the boy is by resplendent neckwear. Neither the boy nor the girl attaches much importance to merit.

Tom Berryman, aged eighteen, the son of a well to do widow, persuaded his mother to permit him to give a house party in her country home, which she did not intend to occupy during the summer. The bunch Tom trained with was composed of boys and girls of ages varying from fourteen to eighteen, though none of the girls was quite seventeen. Six boys and six girls were invited to the house party, and all accepted at once, for none of them had ever been so honored before.

Mrs. Berryman had an intimate friend, a Mrs. Archibald, whose only son, Reginald, was of a proper age to be invited to the house party. Mrs. Berryman, desiring to show attention to her friend, made it a condition of giving up her country house to her son and her friends that Reginald Archibald should receive an invitation to be one of the party.

Tom consented and had been sufficiently trained in social dealings to notify the other boys that Reginald Archibald, being a stranger, should receive especial attention from them. As to the girls, Tom knew that if they did not happen to fancy young Archibald they would not be likely to put themselves out of the way to do him honor.

When Reginald appeared on the scene he was found to be what a girl of sixteen would call handsome. His complexion was pink and white. He was rather tall for his age and delicately formed. He possessed a well turned neck and throat and wore a byronic collar—not at all in fashion—which showed the features to advantage. He at once gave the impression that he honored the company in appearing among them and that he expected to be treated with especial consideration.

As has been remarked, young ladies of sixteen are like the fish that go for the glittering spoon that whirls in the sunshine at the end of a line. Reginald's pink and white complexion, his soft brown eyes, his artistically tumbled hair and, above all, that throat, rising above the broad, rolling collar, captivated every girl in the party. Moreover, his admirers were too young to have received proper training in restraining themselves in such matters, and Mr. Archibald at once became their hero.

Even had the girls refrained from showing their admiration for the youngster with the pink and white complexion the other boys would doubtless have discovered it. They were not envious of him, but his receiving all the attention to the entire exclusion of all the rest of them was certainly calculated to mar the pleasure of the party. No one of them could make an engagement with any girl until she had learned whether Reginald Archibald would honor her with a like invitation. If a boy were chatting with a girl she was forever casting glances at the Adonis, evidently more interested in getting him away from the girl he was with than in her companion.

The longer this concentrated attention of the girls upon him lasted the more Mr. Archibald seemed to consider it a matter of course. Instead of pointing out to the girls the want of wisdom in their course he rather encouraged them in following it. Instead of endeavoring to be one of the party of boys he held aloof from them, seeming to consider the society of girls preferable. On the whole, the young fellows were quite excusable in being up in arms against both the girls and their hero for spoiling their fun.

They put their heads together to concoct some scheme to show up the adorable Adonis and reinstate themselves in the good graces of the girls. They one and all agreed to act on the old saying "Absence makes the heart grow fonder." The result speaks for itself.

One morning when the girls came down to breakfast the butler announced that some of the boys had gone fishing, some to a baseball match. The only boy left at home was their hero. They had him for breakfast, they spent the morning with him, the afternoon, and when dinner time came he was still their only companion. Long before the shadows of evening came they found that Mr. Archibald was a good deal like fish for breakfast, fish for luncheon and fish for dinner. At the usual hour for dancing the photograph was set going, and since there was only the hero to dance with and the girls soon tired of dancing with one another they sat around and moped.

The boys came in at 10 o'clock to find all the girls retired to their rooms, and Mr. Archibald had taken the 9-15 train for home. In the morning the girls pouted, while the boys talked of the enjoyable day they had spent as stars.

For a few hours the moping of the girls continued; then, when the boys went out to the tennis courts together, they were followed by a repentant flock of misses who had concluded that five ordinary boys were preferable to one Adonis.

A One-Cylinder Joke.

"Do you think the motor car has come to stay?" asked the man of his neighbor.

"Well," replied the other, "there was one out in front of my house to-day which I thought had; but they put a horse, after a while, and towed it home." —Ladies' Home Journal.

VIOLATE COAL AGREEMENT

Operators Repudiate Price Fixing By Agreement

ILLINOIS BEGINS ITS HEARINGS

Governor Says That the Mines May Be Seized

Chicago, Aug. 18.—After a declaration by a representative of the Illinois coal operators that they have concluded not to co-operate, Justice Orin N. Carter, state coal controller, to-day began hearings with a view to fixing reasonable prices. Attorney Ralph Crews, for the operators, said that in view of the steps taken for federal control and the Illinois strike situation, the operators had concluded not to co-operate.

Levy Mayer, chairman of the law and legislation committee of the Illinois state council of defense, asserted that the operators had repudiated their agreement. As originally contemplated a committee of the operators would have been empowered to bind the coal producers to abide by any price fixed by the controller. At a meeting a week ago a committee of operators agreed to be bound but it speedily developed that they could not control the rank and file.

Governor Lowden said to-day: "I am informed that the coal operators assembled in Chicago intend to violate their agreement. I have advised Justice Carter to proceed with the hearing to fix fair maximum prices for Illinois. When these are fixed, I shall expect the operators to comply."

It was said the governor is determined to seize the mines if the operators remain obdurate. Committees were present at the hearing representing the railroads, the miners, the retail coal merchants and the state council of defense.

At a conference here yesterday of representatives of councils of defense of thirteen middle western states, resolutions were adopted declaring a desire to avoid conflict between federal and state authorities in regard to fixing coal prices. A force of investigators for the federal trade commission has been at work on the books of Illinois coal companies for some time for the purpose of obtaining figures on the cost of coal production, and it was said to-day that data from twenty-six mines have been compiled.

The conference adopted resolutions urging immediate action by the federal government in fixing a reasonable price for coal and regulating the distribution of fuel by the railroads. A copy of the resolutions was telegraphed to President Wilson.

The conference adjourned to meet in Chicago Thursday, when the representatives of the different states will report data to be gathered on the cost of coal production at various mines. The figures on the cost of coal production in the different states will be compared.

Representatives from a number of states favored putting the entire coal problem up to the federal government, but Samuel Insull and Levy Mayer of Illinois led a fight for the states to co-operate with the federal officials in working out the details of the plan and finally won before the committee on resolutions.

LOAN TOTAL \$1,916,400,000.

Italy Gets \$40,000,000 and Belgians \$5,900,000 in Last Allotment.

Washington, Aug. 18.—Loans of \$40,000,000 to Italy and \$5,900,000 to Belgium, were made by the government Thursday, bringing the total thus far advanced the allies up to \$1,916,000,000.

USE YOUR OLD JARS AND BOTTLES!

Jars and large-necked bottles can be capped with paper and paraffine, or, in the case of jellies and stiff marmalades, with paraffine alone. Small-necked bottles, for use in putting up fruit juices, can be sealed in the following manner: Make a cotton stopper, press it into the neck of the bottle and leave during the sterilization or boiling period. To sterilize, set the bottle in boiling-hot water up to the neck and let it remain for 40 minutes at a temperature of 165 degrees F. Then remove the bottle, press the cork, which has been baked in the oven for one hour, in the top over the cotton, immediately, and dip the top into melted wax or paraffine.

DON'T MISS ANY STEP.

"OUR GROCER TOLD ME"
—Bobby
After folks taste
Post Toasties
they don't like
common corn flakes

VICTORY FOR THE CANADIANS

Boston Man Tells His Experience With "Fruit-a-tives".—Now Made in U.S.A.



MR. JAS. J. ROYALL
S.S. "Boston", Central Wharf.
Boston, Mass., April 26th, 1914.

"For three years, I was troubled with Constipation. At times, the attacks would be very severe, accompanied by Dizziness and Violent Headaches. I took medicine and laxatives the whole time, but as soon as I discontinued the treatment, my bowels would refuse to move. Last October, I went to Montreal and there heard of 'Fruit-a-tives'. I used one box and the results were so pronounced that I bought two dozen boxes. I continued using 'Fruit-a-tives' and noticed a decided improvement. I gradually reduced the dose from three a day to one tablet every three or four days until the twenty-four boxes were finished when my physical condition was perfect." JAS. J. ROYALL.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent by Fruit-a-tives Limited, Ogdensburg, New York.

Topics of the Home and Household.

A little sweet oil will remove finger prints from varnished furniture.

The water in which rice or macaroni is boiled should not be wasted, as it contains part of the substance of the material cooked in it. Use it in soup or in some other way.

Making Sauerkraut.

Sauerkraut will cure in three weeks in warm weather. While kraut is generally made in the fall for winter use, some of our surplus summer cabbage may be used to advantage in making a very wholesome and nutritious dish at a time when the raw material is very low in price.

The outside leaves and hard core of the cabbage should be removed and the rest shredded very finely. Salt should be at the rate of one pound to four gallons of slaw. Line the keg on the bottom and sides with the large leaves of the cabbage, put in a layer of shredded slaw three inches deep and sprinkle about two ounces of salt over it. Fill up the keg in this way keeping a lining of the large leaves at the sides. Pound mass down until very compact, cover with leaves and a wooden cover made to fit the inside keg and then put a heavy weight on the cover so that all the cabbage will be under the brine all the time. Skim occasionally and see that there is plenty of brine. During the warm weather, the time of curing will be about three weeks, when the kraut will be ready for use or canning.

To can kraut, fill jars tightly, partially tighten tops and sterilize for an hour and a half in boiling water. After sterilization, remove jars and tighten tops and invert to cool in place free from draught.

Sauerkraut may be served at the table in several appetizing ways. It may be served raw, fried, boiled with various meats and combinations of vegetables, and baked with certain meats. It makes excellent salad.

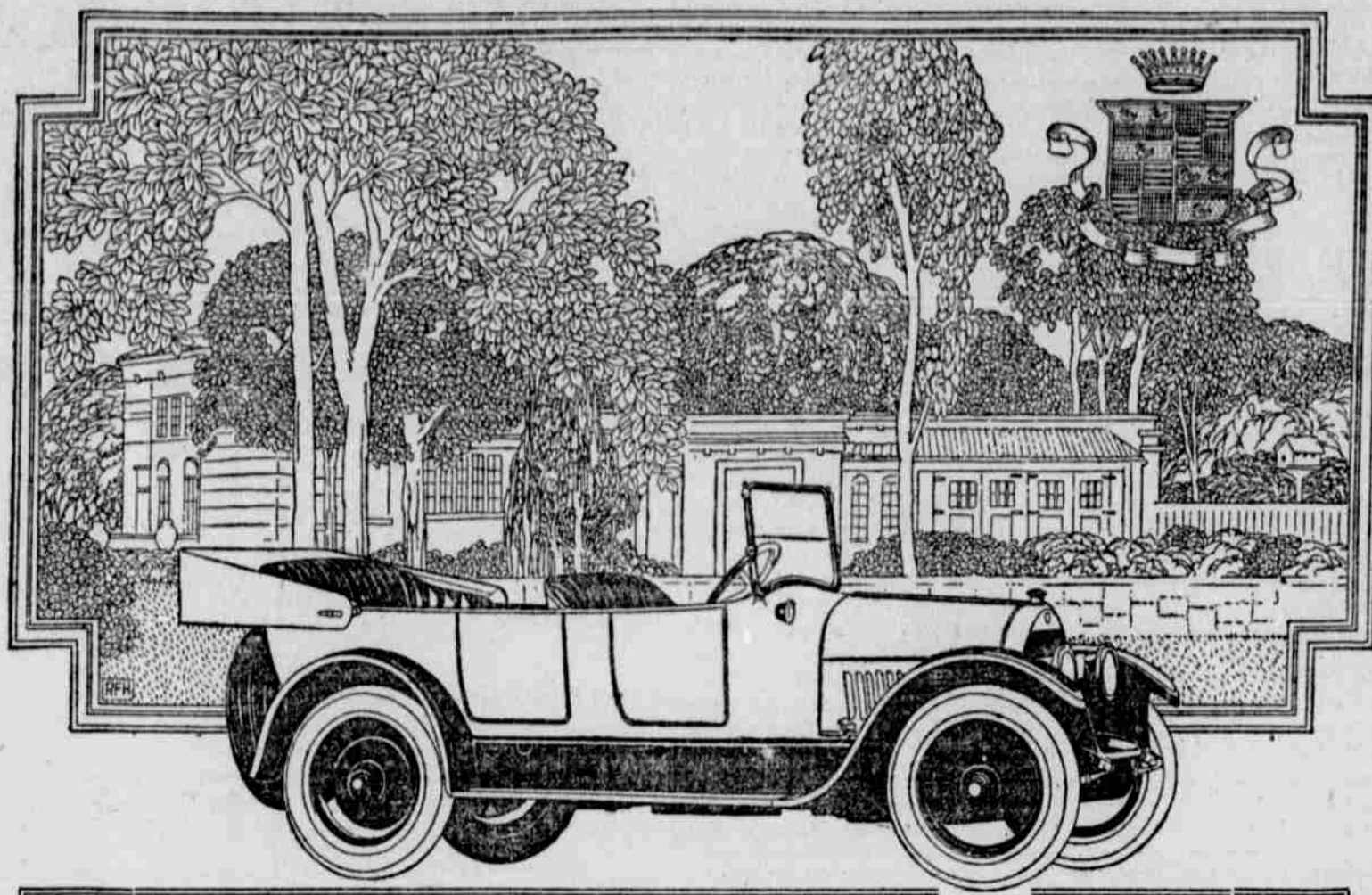
The national emergency food garden commission will send manuals on canning and frying for a two-cent stamp to 210 Maryland building, Washington, D. C., to pay for postage.

Walking Goes Out of Fashion.

When the bicycle was at the height of its popularity one of the comic-papers had a squib in which a neighbor was represented as asking of a five-year-old "Can your baby sister walk yet, Johnnie?" "Walk!" responded Johnnie, scornfully, "I should say not. She can't even ride a bicycle yet."

It did seem for a time as if the human race might be about to abandon its habit of traveling on its own feet and taking entirely to wheels. Walking seemed in danger of becoming a lost art. Nor does there appear to have been much of a revival of it. The bicycle is less popular than it was, but it is still with us, and other means of locomotion have been added. We travel by bicycle and by automobile, on roller skates and in flying machines. Occasionally the more daring of us essay a trip behind a horse and every auto shies at the spectacle. But the practice of going for a walk seems to have been relegated to the limbo of things that were.

And yet, walking is good. The doctors tell us it is good for one's health. Undertaken in the right frame of mind, and with the right surroundings, it is certainly good for the spirit. Try it early in the morning, at sunrise, while the air is chill and the sky gray. brisk motion is needed to keep up the circulation. The air is clean and still, for the wind has not yet risen. Silence reigns in the woods. The light grows stronger, and faint twitters are heard as birds begin to rouse themselves from their sleep. The air grows warmer, and with the warmth come faint hints of fragrance as the dew rises from leaves and grass. The birds begin to flit about in search of food for their hungry broods, "his bit" by serving as specialist in dairy



Fourth Year and Fiftieth Thousand The New Type 57 Cadillac IS HERE

YOU are safe in expecting great things from this new Cadillac. You know the goodness that has gone before.

You know that for three years now, the Cadillac has concentrated on the one type—the V-type eight cylinder.

In all that time Cadillac engineers have devoted their energies and their skill to the perfection of a principle, and to the raising of a standard.

The Eight Cylinder Cadillac embodying that principle now now enters its fourth year and its fiftieth thousand.

How much this means, you who drive Cadillacs and who know Cadillac thoroughness, can readily understand.

It means of course that you gain immensely by every one of the forty-nine thousand that have gone before.

All the experience gained and all the excellence attained must culminate in the greatest of all cars which a great factory has ever built.

Those who know the Cadillac, know it for certain refinements of performance—peculiar to itself.

These are Cadillac marks of distinction—recognized and admitted everywhere—raised to a new pitch of perfection.

The new car is brought closer than ever to that ideal in which the motive power is completely forgotten.

You who have reveled in the superlative smoothness that enabled you to relax both mind and body, will find a new measure of relaxation now.

You who have enthused before in its mastery over the hills, will renew your enthusiasm.

The new Cadillac adds honor to a long line of fine cars.

We believe that it approaches more closely to real greatness than any motor car the world has yet produced.

The Cadillac Type-57 Chassis will be available with the following body styles: Standard Seven-Passenger Car, Five-Passenger Phaeton, Two-Passenger Roadster with Rumble Seat, Four-Passenger Convertible Victoria, Five-Passenger Brougham, Four-Passenger Town Limousine and Town Landulet, Seven-Passenger Limousine, Landulet and Imperial.

H. G. Bennett
Barre, Vt.

and the air is filled with a medley of song. And when one walks out on such a morning, with a clear conscience and after a good night's sleep, he will return home with an appetite which may remind him forcefully of the high cost of living, but with the conviction that life is worth living, no matter what the cost.—Grand Forks Herald.

Dorothy Dexter.

COTTAGE CHEESE.

Is a Valuable Meat Substitute, Says Prof. H. E. Ross.

The dairy division of the United States department of agriculture urges manufacture and use of cottage cheese. Prof. H. E. Ross, professor of dairying in the New York State college of agriculture at Cornell University, while on sabbatical leave from his duties at Cornell, is doing search of food for their hungry broods, "his bit" by serving as specialist in dairy

manufacturing for the dairy division of the United States department of agriculture.

Professor Ross has been assigned to Vermont until October first by the dairy division. During this period he will give special attention to the manufacture and marketing of cottage cheese, largely in co-operation with Vermont creamerymen. Any creameryman or dairyman interested should address Professor Ross in care of the agricultural extension service, state university, Burlington, Vt.

Concerning cottage cheese, Prof. Ross says: The dairy division of the United States department of agriculture, Washington, D. C., is aiding in the conservation of the food supply by encouraging dairymen to utilize their dairy by-products. Most of the work done along this line is in the manufacture of skimmed milk into cottage cheese. So far as its food value is concerned, cottage cheese is an excellent substitute for meat, as is shown by the following figures taken

from a bulletin issued by the dairy division:

For supplying protein, one pound of cottage cheese equals: 1.27 pounds sirloin steak; 1.09 pounds round steak; 1.37 pounds chuck rib beef; 1.32 pounds fowl; 1.46 pounds fresh ham; 1.44 pounds of smoked ham; 1.58 pounds loin pork chop; 1.31 pounds hind leg of lamb; 1.37 pounds breast of veal.

As a source of energy also, cottage cheese is cheaper than most meats at present prices.

On the basis of energy supplied, one pound of cottage cheese equals: 8.33 ounces sirloin steak; 11.25 ounces round steak; 11.25 ounces chuck rib beef; 10.75 ounces fowl; 5.50 ounces fresh ham; 5 ounces smoked ham; 6 ounces loin pork chop; 7.33 ounces hind leg of lamb.

It will be seen that cottage cheese is not only a good substitute for meat so far as its food value is concerned, but that it is a comparatively inexpensive substitute. Cottage cheese may also be

used and prepared in a number of ways thus helping to make a variety in the daily bill of fare. A bulletin entitled, "Ways to Use Cottage Cheese" may be obtained by writing to the dairy division, bureau of animal industry, Washington, D. C.

On account of the scarcity of the meat supply it is the patriotic duty of every home to include cottage cheese in the bill of fare.

Sing a son of sixpence, father's growing rye,
And squash and beans and other things we used to have to buy.

When the crops are gathered we'll all begin to sing
A Yankee gardener's better than a European king.

—From National Emergency Food Garden Commission, Washington, D. C.